

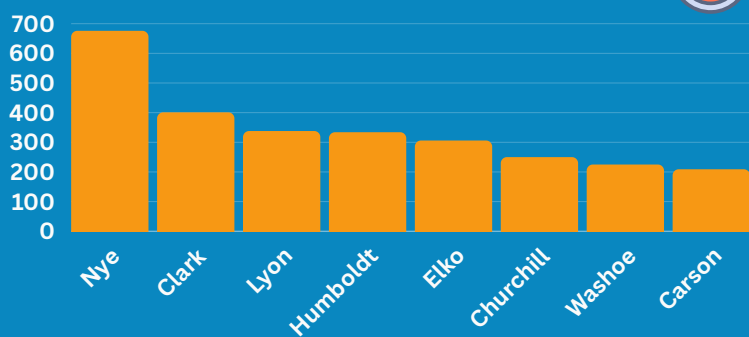
NEVADA HEAT ALERT: STAY SAFE, STAY COOL!

Excessive heat poses a significant threat to a person's health in environmental and occupational settings. This excessive heat can overwhelm the body, leading to inability to cool down. Heat-related illnesses occur, ranging from mild heat cramps to severe heat stroke. While heat-related illnesses and deaths are preventable, heat remains the leading cause of weather-related fatalities and can exacerbate other underlying illnesses such as asthma, diabetes, and heart disease. In Nevada, average temperatures have been increasing in recent years and are projected to continue to increase.



IN NEVADA (2025)...

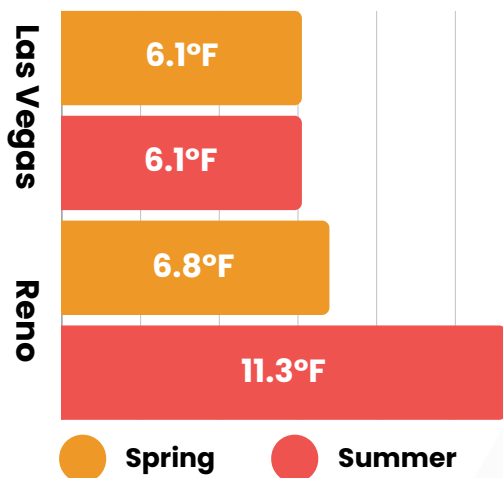
HEAT-RELATED ILLNESS RATES PER 100,000 PEOPLE



*Calculated by dividing the number of heat-related Emergency Department visits by the total population, multiplied by 100,000

FASTEST WARMING CITIES IN THE U.S.

Avg. Temp Increase Since 1970



Reno and Las Vegas have been found to be the 1st and 3rd fastest warming cities in the Summer in the U.S.

In Spring, Reno maintains the #1 spot and Las Vegas lands at #4

POTENTIAL CONTRIBUTING FACTORS

Metropolitan Areas

Man-made structures like buildings, roads, and other forms of infrastructure tend to absorb and radiate heat from the sun more than natural environments such as forests and bodies of water. Metropolitan cities are often dense with these forms of infrastructure and sparse in natural environments, leading to retainment of heat and increased temperatures during the day and at night. These areas of increased temperatures are known as “heat islands”. In Las Vegas for example, it is estimated that 58,000 people experience temperatures 9 degrees hotter than in surrounding, less densely developed areas that have more natural land cover.

Rural Areas

Rural counties experience unique concerns related to heat exposure that may exacerbate HRI rates. Rural Nevada tends to have higher numbers of vulnerable populations, such as aging adults and higher poverty rates. Additionally, social and geographic isolation means Individuals may be found in need when symptoms are more severe and the lack of health care access of rural Nevada may mean traveling long distances for care. Outdoor working environments such as agriculture and mining are also more prevalent in rural Nevada.

INFRASTRUCTURE

In Community Health Assessments and surveys conducted in Northern and Southern Nevada, infrastructure is highlighted as a chief concern among community members. Members of rural communities describe their infrastructure as being less equipped to handle hotter temperatures than in urban areas. Heat exposure in public areas was a concern in both areas, with community members sharing that access to public restrooms, drinking water, and shaded areas is crucial and sometimes lacking. Reduction of heat exposure is especially difficult when accessing public transportation in Nevada.



STAYING COOL MEANS STAYING HEALTHY!

HEAT EXHAUSTION VS. HEAT STROKE

HEAT EXHAUSTION

Faint or dizzy
Excessive sweating
Cool, pale, clammy skin
Nausea or vomiting
Rapid, weak pulse
Muscle cramps



HEAT STROKE

Throbbing headache
No sweating
Body Temp 103+
Red, hot, dry skin
Nausea or vomiting
Rapid, strong pulse
May lose consciousness

*Adapted from National Weather Service

WHO IS AT GREATEST RISK?

- Adults aged 65+
- Infants and Children
- People with Chronic Conditions
- People without A/C Access
- Athletes
- Outdoor Workers
- Pregnant People

TIPS FOR COMBATTING HEAT ILLNESS



Hydrate Like a Pro!

Drink water often and do not wait until you are thirsty! If you are spending long times outside working, playing sports, or other activities that make you sweat a lot, supplement electrolyte drinks. Remember alcoholic, sugary, or caffeinated beverages are counterproductive!



Dress Cool!

Light-colored, breathable, loose fitting clothes will help you stay cool. Sunscreen (SPF 15+), sunglasses, and a shade-creating hat are great additions!



Avoid Peak Heat Times!

When possible, limiting outdoor activity during peak heat time can be very helpful. Late afternoon to early evening for example, are typically the hottest times of day.



Chill Out in the Shade (or AC)!

Spending time indoors or under shade structures intermittently can lower body temperature. When out and about, stepping into communal spaces like libraries, malls, community centers, or other places of business can be very effective at reducing heat.



Use the Buddy System and Check on Others!

When working, work in pairs and remember the warning signs above. Be sure to check on vulnerable parties like children and older adults when they are exposed to the sun for extended times.



Rest Often and Stay Safe!

When outside, be aware of rising temperatures during the day, allowing more time to rest and resting more frequently than you would otherwise.



Acclimate Gradually!

If you have not been exposed to higher temperatures for a while, it is best to ramp exposure up gradually. New outdoor workers for example, should acclimate over 7-14 days, starting at 20%-50% exposure.

More Heat Resources:
Link:
bit.ly/Heatresources



References:
Link:
bit.ly/Heatreferences

